

Adult
Services
Presents

THE BUZZ



The Arc
of Somerset County

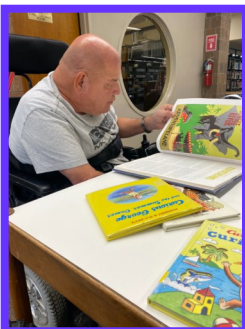
141 S. Main Street
Manville NJ 08835
www.thearcofsomerset.org

SEPTEMBER

The New Adventures of the Fantastic Four

By Caitlin Schwarts, OTAS

Charlie, Gerry, and Jayne had a wonderful day at the Manville Library which started with a very relaxing yoga class with Jane. They perused the library some more and Gerry and Jayne borrowed some great music to listen to at home this week. After lunch, they participated in a word game called three clues where they each had to guess an item when provided with three clues. Geri was on fire and quickly guessed the item sometimes when only given two clues! They all can't wait for next week at the library.



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New Adventures of the Fantastic Four

By Caitlin Schwarts, OTAS



Week two at the Manville Library was a success! Jane was able to provide her wonderful yoga class via zoom and provided Charlie, Gerry, Jayne, and Vicky with a great way to relax. Next the crew explored the library some more, browsing through the different sections to see if anything caught their eye. Library staff provided a fun memory game that incorporated topics that everyone may be interested in. Through this game we discovered that no one likes snakes! Mary, from the literacy class, presented the group with an interesting reading about clouds. Each person took a turn reading out loud. Charlie, Gerry, Jayne, and Vicky all borrowed library books about a variety of interests this week. They look forward to learning new things and coming to the library next week for even more adventures.

Charlie was declared the winner of the counting contest that took place last week, Congratulations Charlie!!!



Fun Fashion Fridays

Rainbow



Hawaii





Eric Back in the Saddle!!

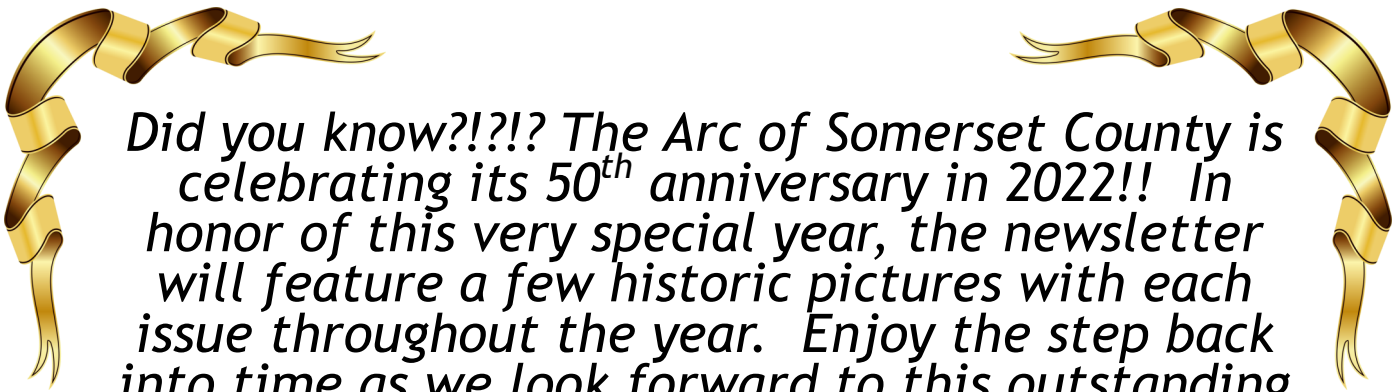
By Karen Kowalski

Very excited to announce that our friend, Eric, has returned to his passion of horseback riding which he so enjoyed as a child - all through the power of teamwork! A special thank you to Catherine Gardner-Franco, OTD, MPA, OT, FAOTA, whom works with Eric through habilitative therapy through Occupational Therapy Consultants, the team of staff at Lindsley, Assistant Director of Residential Services, Mohamed Kamara and Eric's parents, Don and Sue - but most of all Eric! Eric will be participating in weekly horseback riding at Mane Stream, Inc. in Tewksbury. During his first time "back on the horse", Eric was able to climb up, hold the reins and enjoy a ride on the back of his new friend. Looking forward to hearing more about Eric's horseback riding adventures - Tally Ho!





The Arc's 50th Anniversary



Did you know?!?!? The Arc of Somerset County is celebrating its 50th anniversary in 2022!! In honor of this very special year, the newsletter will feature a few historic pictures with each issue throughout the year. Enjoy the step back into time as we look forward to this outstanding year of celebration!



VICKY

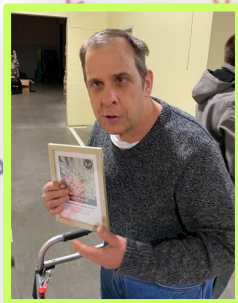


ELLIOT



HAPPY BIRTHDAY

September



JOE



ROBERT



JILL



DAVID



LINDA



WILLS

**Monday
September 5th**

**Friday
September 16th**

Hybrid Schedule

Monday, September 5th

Labor DAY—Program Closed

Tuesday, September 6th

1:00-1:30: Music for Hope & Inspiration
At Jill Court & Virtual: Justin Brown

Meeting ID: 481 232 8925
Password: 12345

3:00-3:30: Shooting the Breeze with Friends

Meeting ID: 481 232 8925
Password: 12345

Wednesday, September 7th

NO CLASSES

Thursday, September 8th

NO CLASSES

Friday, September 9th

10:00-10:45: Bingo with Mary

Meeting ID: 481 232 8925
Password: 12345

Monday, September 12th

10:00-10:45: BINGO with Mary - all welcome

Meeting ID: 481 232 8925
Password: 12345

Tuesday, September 13th

1:00-1:30: Music for Hope & Inspiration
At Jill Court & Virtual: Coffeehouse Project

Meeting ID: 481 232 8925
Password: 12345

3:00-3:30: Shooting the Breeze with Friends

Meeting ID: 481 232 8925
Password: 12345

Wednesday, September 14th

NO CLASSES

Thursday, September 16th

NO CLASSES

Friday, September 17th

10:00-10:45: Bingo with Mary

Meeting ID: 481 232 8925
Password: 12345



What's the Buzz?



Adam's dog Tonka, 3 months old



Charlie and his sister, Mae!!!



Craftsman Corner

Tips for Driving Safely in the Rain

Being behind the wheel of a rain-splattered windshield doesn't have to be stressful.



[According to the U.S. Department of Transportation](#), there are nearly 1,235,000 automobile accidents each year related to weather. A majority of those accidents happen during rainfall (46%) and when the pavement is wet (70%).

Being behind the wheel with a rain-splattered windshield doesn't have to be an agitating, scary experience. The first step is to [check your windshield wipers](#) and replace them when streaking occurs. And while many of these other safety tips might seem like common sense, it's always good to run through a mental checklist when driving in the rain.

Stay alert

Stay alert. Stay focused. Pay attention to what is going on around you when weather conditions aren't ideal. Be extra cautious with merging lanes. Motorists should drive defensively, check around their vehicle and in blind spots then take precautions when [passing vehicles to prevent merging collisions](#).

Increase your visibility by turning on your headlights

It's the law. All states require headlights to be on in bad weather when visibility is low. NJ also requires that when the windshield wipers are on due to bad weather, the headlights must also be on.



Craftsman Corner

Beware of hydroplaning

When excess water sits on top of the road, tires can lose traction and hydroplane causing your vehicle to slide uncontrollably. It doesn't take much – driving 35 miles per hour or faster with as little as one-twelfth of an inch of rain on the road makes any type of car, SUV, truck or four-wheel drive at risk for hydroplaning. Tires that have more wear also increase this risk so be sure to [check your tires' tread depth regularly](#).

As soon as it starts raining, slow down. If you start to hydroplane you need to [slow down even more](#). Begin by taking your foot off the gas pedal to allow the vehicle to slow down. Then slowly begin steering in the direction you are hydroplaning until you have control. Seems contradictory, but this actually helps your tires to realign with your vehicle – so they are both going the same direction. All steering needs to be slow. Don't jerk the wheel or you could flip your car due to overcorrecting. Consider taking a driving course through your local Department of Motor Vehicles to learn how to drive safer on wet roads and better avoid hydroplaning. Check your local driving schools, too, to see if they offer safe driving courses.

Slow down and turn off cruise control

Wet roads can be the most difficult to drive on. The grease and oil from cars produces a film on roads during dry conditions and when it rains, this layer becomes extremely slippery. Drive defensively in the rain and reduce your speed to below the speed limit to prevent the chance of hydroplaning. Add more car lengths between you and the car in front of you.

The cruise control should never be used during the rain. If you begin hydroplaning while the cruise control is on, you will actually [be going faster](#). It could take a second or two for the cruise control function to disengage allowing you to [take control of your vehicle](#) and slow down. Those seconds could be critical.

Brake cautiously

One primary reason cars collide during rainstorms is because drivers slam on their brakes as if the roads were dry. The wet road causes the car to slide forward, often into the rear of another car. Brake gently and early to alert the driver behind you that you are slowing down.

Avoid the splash

The big splash you get when you drive through a huge puddle can be costly. If water enters the engine compartment of your vehicle, it can damage the internal systems. Drive around large puddles and avoid running water. Once you have safely passed, tap lightly on your brake pedal to dry off your brake rotors. If there is a middle lane, drive in it to help increase visibility and avoid deep water that might develop when rain runs off the sides of the road.

Driving in rain at night

Driving at night in the rain can be especially dangerous because of the glare of oncoming traffic amplified by the rain on your windshield. To help reduce glare, you can dim your dashboard lights, avoid looking directly at oncoming headlights and clean both the inside and outside of your windshield. Be sure to use the ventilation system to help with the fog that might form on the inside of your windows.

Extra precautions might help ease the anxiety associated with driving in the rain, making it safer for everyone. Please avoid flooded roads. Plan your trip ahead of time to avoid dangerous conditions.



Creative Dramatics

The staff and clients at Jill Court continue to impress me. During this summer session the consumers have become real actors. They now have the ability to create original dialogue, communicate their own ideas, convey emotions, and choose costumes that fit their characters. And the staff is SO positive in every way. What a warm, welcoming place Jill Court is - *Ellen Parker*



Tuesdays
at
1PM

Music for Hope &
Inspiration

Coffeehouse Project



A X S Q T
 A W I A R
 E G O I O
 R Z A R H A P
 Y W H F D Q J
 L P C O A S E



Word Search

Fast Food

B C Q E L T S A C E T I H W I S E Y E P O P E
 U G R W I I B D A E R B A R E N A P K S K R J
 R T I C S H F E M S H A K E S H A C K E R B T
 G O P E G C O S S Y K C L U Z I H O P K I S S
 E S A L U I U N N A J H O Q A D I Z P I S D T
 R N N T W N O A O W H I N R D A X V I M P L A
 K H D O C O Z H T B C C K O M I Y N Z Y Y A R
 I O A P I S W T R U F K H A B R J H Z E K N B
 N J E I N M E A A S K F M B M Y X K A S R O U
 G A X H N Q N N H R W I V S R Q I P H R E D C
 J P P C A P D Y M K S L A L C U H J U E M C K
 M A R C B Y Y W I O T A C O B E L L T J E M S
 G P E I O Q S X T T S Y B R A E T Q D F Z B C
 H N S B N U S T U N O D N I K N U D B X D C L
 Q G S P H R D A J T S N N A E I T N U A W P J
 T C L W S S N I B O R N I K S A B F F O J X G

Find the following words in the puzzle.
 Words are hidden ↑ ↓ → ← and ↘ .

- | | | | |
|---------------|---------------|--------------|--------------|
| ARBYS | DUNKIN DONUTS | PANERA BREAD | TACO BELL |
| AUNTIE ANNS | IHOP | PAPA JOHNS | TIM HARTONS |
| BASKIN ROBINS | JERSEY MIKES | PIZZA HUT | WENDYS |
| BURGER KING | KFC | POPEYES | WHITE CASTLE |
| CHICK FIL A | KRISPY KREME | SHAKE SHACK | |
| CHIPOTLE | MCDONALDS | SONIC | |
| CINNABON | NATHANS | STARBUCKS | |
| DAIRY QUEEN | PANDA EXPRESS | SUBWAY | |





SAVE THE DATE

Becca's Friends of St. Joseph's Presents:



Come join us all in person under the stars!

September 9th, 2022

6 to 8 pm

At St. Joseph's out door tent

34 Yorktown Road,

Hillsborough, NJ 08844

Want to be in the talent show?

Please contact Karen Kowalski:

karenk@thearcofsomerset.org

By August 12th, 2022

